144 Both the East Baltic and the Nordic elements are dis-
142 tinguished by an exceptionally fair coloring. In the east and in the north there occurs, however, a dark element in the population, no doubt due to Lappish influence, that accounts for the occurrence of darker hair and a slightly shorter height in these areas than in the west. The share of the Lappish race, however, is not determinative to any marked degree.

144 The Finns belong among the tall peoples in Europe, the average height for men being a little above 170 centimeters, and for the women about 10 centimeters less. There are, however, great local deviations in height as well as in the cephalic index.

The average height has been steadily rising during the last few decades, no doubt due to

•141 improved living standards. In 1922 the average height of the Finnish men was 170. 9 cm., in 1938, 171. 5 cm. The following table shows the average height and the cephalic index of Finnish men in different provinces in 1922:

	Height	Cephalic Index
Savo	169. 5 cm.	81. 30
Northern Karelia	169. 6 cm.	82. 15
Eastern Karelia	169. 7 cm.	81. 4
Southern Karelia	169. 8 cm.	82. 15
Northern Ostrobothnia	170. 3 cm.	82. 6
Uusimaa	171. 4 cm.	80. 5
Tavastia	171. 6 cm.	80. 9
Southern Ostrobothnia	171. 9 cm.	80. 0
Finland Proper and Satakunta	172. 4 cm.	79. 4
Swedish-speaking population	172. 96cm.	79. 6

1:Indiana U S-4, 5(no date)1955 EOl Finland EOl

● 141 At present the average cephalic index for Finnish men is estimated to be 81.1 and for women 81.1.